



Team BWS

THE CONSEQUENCES OF POOR SLEEP



1 MENTAL HEALTH

Poor sleep is related to depression and anxiety



2 MEDICAL

Poor sleep puts you at risk of medical conditions such as heart disease, diabetes and alzheimers



3 WEIGHT

A lack of sleep can increase your chances of putting on weight



4 PRODUCTIVITY

Poor sleep contributes to decreased employee productivity



5 IMMUNE

A lack of sleep can disrupt your immune system



6 RELATIONSHIP

Poor sleep can negative influence relationships you have with others



7 LEARNING

A lack of sleep can negative influence your learning abilities



8 ECONOMY

Poor sleep puts you at risk of medical conditions such as heart disease, diabetes and alzheimers



9 MORTALITY

Poor sleep can increase mortality risk

 @BELIEVEPHQ



Humility Enjoyment Resilience Respect Discipline